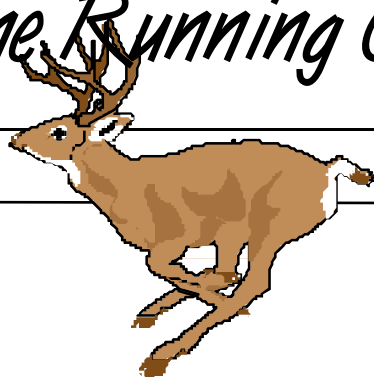


Argonne Running Club News

Volume 7, Number 1

January 2001



Webpage: chemistry.anl.gov/ARC/

Sycamore Pumpkin Festival

If you are interested in a competitive, late fall, 10K race, the Sycamore Pumpkin Festival 10K is the race for you. I did this race for the first time this year. It's one of those races I had wanted to do, but there was always a conflict in the past, usually the Chicago Marathon. The main reason I did this race was because of the date, Oct. 29. The very next day I would be "graduating" into the next age group in racing and I wanted one more shot at my current age group.

It was a cold but clear morning and with a later race start of 9:35am (probably to accommodate the masses coming from Chicago) this race was appealing. There were plenty of friendly volunteers for the 1,000+ runners and the finish line beckoned with an instant results card and the beer truck. It was a very enjoyable way to start a cold fall morning and I even saw some familiar faces there. Even though this race is north of De Kalb, it attracts a lot of the Chicago suburban runners. The race was well organized (they have been doing it for many years), had a indoor place to meet and warm up, plenty of parking, long-sleeved T-shirts, a nice race course, and even the lines for the porta-potties weren't too bad. It took a little over an hour to get there, but I would do this race again. I have heard the Pumpkin Festival

is a really great thing for the kids, so this could be an all inclusive outing for your family!

Laurie Culbert

Autumn Breeze 10K/5K

This race, run on October 14, is one of the most enjoyable, Fall 10K's I have ever run. The main reason...the scenic race course. The entire race is run on the west side of the Fox River Trail. It starts in Batavia at the Quarry Beach and is a flat, out-and-back course entirely on the knee-saving trail. There is a lot to see along the Fox River, and in the Fall it was absolutely beautiful. The Batavia Park District does a nice job of organizing this smaller sized race. If you are looking for a race with a major banquet at the finish, this is not the race for you. Water and smiling faces were at the finish line and that was it. The beautiful race course more then makes up for not getting to eat like a pig at the finish! The 10K and 5K have separate start times (10K: 8AM, 5K: 9:30AM) and you can even sign up to run both races. This is a great, smaller sized race with a family atmosphere and no lines at the bathroom. How many races have you done this year where you can say that? I didn't stick around for the awards ceremony because I was in dire need of

some caffeine, but I got a call from the Park District a few weeks after the race informing me I won my age group and to come pick up my trophy. That was a nice surprise and this race is quite a gem!

Laurie Culbert

Long Island Gold Coast 5 Mile/5K Run

On a recent trip to Long Island, NY to visit a good friend and former ARC member, Laura Miller, I did a race in Queens with Laura. We thought it would be neat to do a race together while I was out there visiting, something we used to do together when she lived here, and Laura located this race for us. I like doing races in other states to see what their running communities are like. The start line was quite a drive from where Laura lives on Long Island. She invited one of the women she runs with, so it was a fun road trip for the three of us. The race started at the United States Merchant Marine Academy in Great Neck, NY, a wealthy and HILLY area in Queens. The weather was perfect and the course had some difficult hills, at least for those of us who live in the plains states! I checked, and I was the only person registered from Illinois. The finish of this race was really cool. It finished on the track at the Marine Academy, so you felt like you were in an Olympic race as you neared the finish line and ran down all your competitors. They had light snacks and drinks at the finish and an awards ceremony in the gym. I really enjoyed running a race in a new area with my old running companion.

Laurie Culbert

Mud Bowl 2000

On December 8-th of last year the annual European 8K Cross Country Challenge was held in Gilberts, IL, out near Elgin. This approximately 5 mile annual event, which is always held in the first part of December, is a blast for someone that is looking for an alternative to the usual 5 and 10 K road event. In this event, runners run through water/mud (knee deep in some places), furrowed fields, up and down steep hills, over and under fences, and through pastures filled with ever-present “road apples”. (If you are into PR’s, this race is definitely not for you.) There are not many amenities at the site (a horse farm), so bring a clean change of clothes and be sure to wear an outfit and shoes that can be thrown away if it gets too filthy. This year the water hazards were especially numerous and deep – which was a good thing! (I usually run in an old pair of spikes that help with traction in muddy spots, or throughout the course if it is icy.) The weather was a bit cool this year, but that is no big deal for people that enjoy this type of event. Only finishers get the cool-looking, long sleeved shirt given out at the end of the race. So if your knees, ankles, and disposition can take this kind of event, come out next year and be prepared to have the time of your life. You will never forget it!

In addition, finishers are invited to a post-race party, usually held at a watering hole in Elgin. At the party there are limited amounts of free beer and appetizers. However, since there is free beer and food involved, there are usually big crowds at the party.

Karl Grimm

Don't Forget to Pay Your Dues

Attached to this newsletter is a renewal form for the Argonne Running Club. (There is also a copy of this form on the club web-site "chemistry.anl.gov/ARC/".) One thing that you will notice that is different from previous membership forms is a dues' increase. For full-time Argonne employees, the dues will increase to \$10 per year from \$7 per year (student membership will still stay at \$3 per year). We feel this slight dues increase is reasonable considering the increased cost of food, refreshments, raffle prizes, etc. No matter how you look at it, membership in the Argonne Running Club is dirt cheap, considering the cost of belonging to other social organizations.

Another change that you may, or may not have seen, is a box to check-off if you are willing to help out at a fun run. With only a small pool of people currently setting up runs, it is sometimes hard to find people that are continually willing to help at these events. So, if you can, please sign up to help at an event. It is not difficult at all, and it can be personally rewarding to help the club.

If anyone has any questions, or comments, concerning either of the above topics, feel free to call or email me at any time (2-6721, kgrimm@anl.gov)

Karl Grimm

The Real Y2K

Fourteen runners and five walkers participated in the Real Y2K fun run which was sponsored by the ARC on January 10. For a January day, the weather was quite nice with sunny skies, dry pavement and temperatures in the mid 30s. Pat Dombrowski was the first finisher among the runners. The Raffle

Prize winners were Gregg Kulma, Dan Milinko, and Ron Kmak. Special thanks goes to Don Bohringer for all his work organizing this event. His extra effort in providing three varieties of potato soup were appreciated as everyone enjoyed a warm lunch after a wintry run.

Valentines Day Run

As has become tradition, the Chemistry Division will sponsor the annual Valentines Day Fun Run again this year. Be sure to join us on Wednesday, February 14th for a 3-mile run or a 2-mile walk. The event will begin in the Building 200 lobby, which will provide a warm place for runners before and after the event. Refreshments and raffle prizes with a Valentine theme will be provided afterwards. Get a jump on the spring running season and join us on Valentines Day!

Winter Social

The ARC will be sponsoring a Winter Social/Pizza Party after work on Wednesday January 24th. Please join us at 5 PM at the Home Run Inn (which is located at 75th Street and Lemont Road). In the past, we have had a Christmas party, but many people have so many Christmas parties and plans in December that we thought we would have a better turn out and a more relaxing time by having a Winter Social instead of a Christmas Party. We encourage everyone to bring their spouses, significant others, etc. to this event - the more the merrier. The cost is \$8 per person, but running club members get a \$3 discount. This is added incentive to pay your dues now. We look forward to seeing you then.

Upcoming Races

Most ARC runners participate in area races throughout the year. It is always more fun when other ARC members are at these off-site races.

One race that has gained popularity among ARC runners over the years is the Frosty Five Mile race in Channahon. This is a good winter race to get your running legs back in shape. The course winds through the paved and scenic I&M Canal Heritage Corridor. Start time is 1 PM on Sunday, February 11th at the Channahon Middle School. This is located near the junction of I 80 and I 55 near southwest of Joliet about 30 min from Argonne.

A good early spring race (which many times is rather wintry) is the March Madness half marathon and 10 K race in Cary, IL. Cary is a far northwest suburb, about an hour from Argonne. This is a hilly course, and an especially good tune up for spring marathon or River to River Relay runners. This year's race is on March 18th.

If you are interested in running either of these races and need an entry form, please contact John Schlueter.

Running Club Shirts

We now have a good supply of ARC Coolmax singlets, but they are selling

quickly - more than half of them are already gone. Each shirt has a ARC logo printed on the front in green ink. These shirts are great for running in during the warm summer months. You will see these shirts popping up at area races and ARC fun runs this year. If you have not purchased your shirt yet, send a check (payable to the Argonne Running Club) to Paul Eident, Building 200, Room L175. Be sure to indicate your shirt size (M, L, or XL). Order now, before your size is gone!

Cool Down

The Argonne Running Club Newsletter is edited by John Schlueter. Please send your stories, photos, tips, race reports, race entry forms, comments, etc. to me. Mail: Bldg. 200, Rm. A185; Internet: JASchlueter@anl.gov; Phone: 2-3588. ARC president: Karl Grimm, Bldg. 208, Rm. A205A, 2-6721, b23921@ra.anl.gov. ARC webpage: chemistry.anl.gov/ARC/ webmaster: Chuck Jonah, Bldg. 200, Rm. B157, 2-3471, CDJonah@anl.gov. For membership information, contact Paul Eident, Bldg. 200 Rm. L175, 2-3579, eident@anlchm.chm.anl.gov.